






Eat Smart Be Smart

Fuel Up With Breakfast

-  **Grade Level:** First **Lesson Time:** 30 Minutes
-  **Integrated Core Subjects:** Language Arts, Health Enhancement
-  **Montana Content Standard:** Reading 4: Students select, read, and respond to print and non-print material for a variety of purposes.
-  **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Objectives:** Students will learn the importance of eating breakfast, and identify examples of breakfast foods they can enjoy each morning.

Lesson/Activity



1. Ask the students to raise their hand if they ate breakfast today. Have them help you count how many ate breakfast today. Ask the kids why it is important for everyone to eat breakfast every day. Examples include to give energy to learn, feel good, grow, play and not feel tired or sick. Ask the students what does a car use to make it go, and compare their bodies to the car. What is our "fuel?" Breakfast is the most important meal since our bodies haven't had fuel all night and are running on empty.
2. Write the word breakfast on the board, and have the students tell you what sound and letter it starts with. Ask the students if they can see the two separate words in the word breakfast, and list the two words—break and fast. Explain that breakfast is often said to mean "break-the-fast" meaning giving our bodies food after a long fast (following sleeping).
3. Distribute the *Fuel Your Tank with Breakfast* work sheet and read the statements out loud with the children following along. Have them place a check mark by the true statements (all of them). Ask the students if all the statements are important to them. (Do you want to be able to concentrate better? Do you want to grow healthy and strong?, etc.) Ask the students if they can tell you another reason they may want to eat breakfast. Answers could be eggs are a favorite food, it is a time our family eats together, or it makes me feel better.
4. Have the students complete the rest of the work sheet to allow them an opportunity to circle the foods they could eat for breakfast. Ask them to predict and then write the foods they will eat for breakfast tomorrow.
5. Ask students to share what they will have for breakfast tomorrow. Ask them what foods they can eat for a breakfast on the go. Example ideas include: granola bar, fruit, cheese, yogurt, muffin, or sandwich. Consider distributing the *Parents...Get Straight A's with a Healthy Breakfast* handout to parents.
6. If breakfast is served at school, ask the students to identify the foods and sort them into food groups for tomorrow's menu.

Materials Needed






- A copy of the *Fuel Up with Breakfast* work sheet and a copy of the *Fuel Up with Breakfast* song sheet for each student.
- Optional handout: *Parents...Get Straight A's with a Healthy Breakfast*.
- A copy of your school's menu (if applicable).

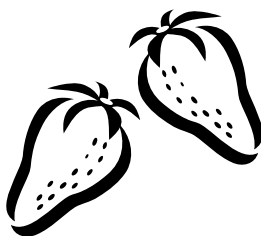
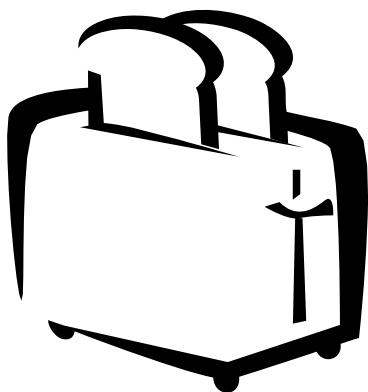
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Outcome Goals

-  Students will be able to tell why breakfast is important.
-  Students will be able to identify foods they can eat for breakfast.

Extending the Lesson

-  Have the students plan healthy breakfast meals.
-  Using the *MyPyramid for Kids* poster, explain that a healthy breakfast contains a food from three of the five food groups. An example is cheese, toast and an apple.
-  As a class (using the Food Pictures) come up with five meals that have at least three different food groups.
-  Have the kids draw or write the menus. Point out that the more colorful meals are usually healthier because they have a variety of food groups in them.
-  Share the *Fuel Up with Breakfast* song sheet with the music teacher and teach it to the children as a reminder to eat breakfast.



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Acknowledgments/Adapted From

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